

THE CAPSULE

Volume 16, Issue 14

July, August, September 2015

MESSAGE FROM THE NATIONAL PRESIDENT



Dear NARBW Members:

I have seen hints of fall from Texas and in our NARBW world that mean the 2015 year is passing fast. By now you have heard about our new Chapter - #83 Central Florida which was chartered, and members installed, on July 10, 2015.

NARBW has some very important deadlines approaching. If you need to place an order for jewelry, please send your order to Jewelry Chairman Tamela Kubicek before Decem-

ber 1st and, of course, the per capita payment for new members is due to Treasurer Julie Lane by December 10th. Our revisions deadline is December 15th and, if your chapter has a proposed revision for the bylaws, please submit it to Revisions Chairman Tamela Kubicek before that date.

We will be electing 3 national officers (National President, 1st Vice President and Treasurer) at our convention in 2016 and the nominations must be in to our chairman, Cynthia Chandler, by February 1st. While Cynthia is the nominating chairman, part of the responsibility that falls to her is to secure the proper credentials for each officer wanting to run for office. The difficult issue that she faces is finding members who wish to serve NARBW by holding a national office.

NARBW continues to have challenges and one of the challenges we face is maintaining our existing members. Let's not lose focus on the "member who failed to renew their membership". Each Chapter should make

membership retention a priority.

Let's mark our calendars and plan to attend the 72nd National Convention in St. Louis, Missouri May 13th - 14th, 2016, with the pre-convention tour on the 12th. The convention will be held at the Sheraton Westport Plaza. Diane Huntington, Convention Chairman, and the St. Louis Chapter are working hard planning a great "Meet me in Saint Louie....." Convention.

Have you looked at the NARBW website lately? You might see some lovely historical NARBW publications that I found so inspiring and could not pass up the opportunity to share them with the membership.

Wishing you a safe Holiday Season filled with family, friends, health, peace, prosperity and love.

Sincerely,

Theresa Harper
National President

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NATIONAL BOARD NEWS



National Association of Railway Business Women

RESUME OF SUMMER BOARD MEETING – JULY 11, 2015

On Friday, July 10, 2015, National Board members attended the installation of NARBW's newest Chapter, Central Florida of Sanford, FL. The installation was held at the Marriott Orlando, Lake Mary, FL. The Chapter has 17 members and one affiliate. Fourteen (14) members and the affiliate were present at the installation, including President Yvonne Touchtone, Vice President Jaleesa Singley, and Secretary Elizabeth Jiminez. Treasurer Velma Stanley was unable to attend. Members of the new Chapter were warmly welcomed by the Board.

The following day, Saturday, July 11, the Summer Board meeting was called to order by President Theresa Harper at the Marriott Orlando, Lake Mary, FL.

National Treasurer Julie Lane presented the Annual Reports followed by the Treasurer's Reports. All National Officers and Committee Chairmen presented their Plans of Work, which were discussed and approved. They will be distributed in accordance with the By-Laws.

Convention Chairman Diane Huntington reported that plans were underway for NARBW's 72nd Annual Convention, which will be held May 13-14, 2016, at the Sheraton Westport Plaza Hotel, St. Louis, Missouri. A pre-convention tour is being planned for May 12, which will include a trip to the top of the Gateway Arch and a city tour of downtown St. Louis. Fun night will be a "Masked Ball" theme.

Sylvia A. Long
National 2nd Vice President

Theresa Harper
President

NATIONAL BOARD NEWS (Cont.d)

NATIONAL 2nd VICE PRESIDENT

Members of NARBW's Chicago Chapter celebrated their upcoming 90th Anniversary at the Lockwood Restaurant located inside the historic Palmer House Hotel in downtown Chicago. The Chapter's actual anniversary date is November 13. Members in attendance were Patricia Dunham, President; Linda Hock, Vice President; Yvonne Avgeris, Secretary; and Elayne Gronskis, Treasurer. Also attending representing the National Board was 2nd VP Sylvia Long. Sylvia presented the Celebratory Resolution to Chapter members and read letters of congratulation from National President Theresa Harper and Roanoke Chapter 19 President Kathy Barbour. President Dunham had special cookies made for the occasion. The cookie had "90" on it, in honor of the Chapter's 90th year in NARBW. It is NARBW's second chapter, inducted on November 13, 1925. The Lockwood Restaurant provided lunch as a gift to those in attendance.

Sylvia Long, Pat Dunham, Linda Hock, Elayne Gronskis, and Yvonne Avgeris in the Palmer House Hotel Lobby.



Sylvia presenting the Celebratory Resolution to Chapter members.

Linda, Elayne, Yvonne, and Pat with the Resolution.



Sylvia, Linda, Yvonne, Elayne, and Pat enjoying lunch.

The 90th Anniversary Cookie



Please see an additional write-up under "Chapter News" for Chicago.

Sylvia Long
National 2nd Vice President

NATIONAL SECRETARY

My name is Kay Leslie, and I am your new National Board Secretary. Thank you to those who voted for me. I guess I know who those are since it wasn't a ballot vote! I had been regretting it for a few years that I had chosen not to run for National Board due to personal responsibilities. It makes this journey for me even sweeter.



Yes, I was the one dancing with Melanie at the party on the boat at Convention. I don't know how I got back up when we did the 'shimmy thing' to the floor. I continue to amaze myself, although I don't think 65 is old.

I have long admired the women on the National Board, but now that I am working with them up close and personal, I am in awe of them. The serious manner in which they go about their jobs and the decorum at meetings is impressive. I have personally known for years that this organization brings a person many 'sisters', but that friendship is even closer when you work together on the National Board. Everyone is so helpful and respectful, and you can just feel the love in the room.

I am here to tell you that the women you vote to represent you on the Board are quite deserving of the faith you place in them. We hear what each of you are saying and take the input quite seriously. In the end, we decide what is best for the organization's future. And, the Emeritus Board will not be bashful to speak up if they think we may be in error. The wealth of knowledge from that group of women is even more impressive, I think. Their representative on the Board, Sandy Hall, is not bashful about speaking when she believes we need some guidance. I just love her for her knowledge and love of NARBW.

I will strive to do a good job as National Secretary and appreciate the faith you have placed in me. I do love working (and playing) with my 'sisters' Theresa, Laura, Sylvia, Melanie, Cynthia, Colleen, Diane, Ida, Julie, Pat, Tamela, and Sandy.

Kay R. Leslie
National Secretary

NATIONAL BOARD NEWS (Cont.d)

NATIONAL MEMBERSHIP CHAIRMAN

I am getting ready for a "Meet and Greet" in Chicago on October 16 at the Chicago Union Station—Amtrak. I will have pictures and updates to follow.

Melanie Bennett
Membership Chairman



**NARBW CONVENTION
ST LOUIS - FUN NIGHT**
**Bring your Ball Gowns and
Masquerade Masks and
Get Ready to Party!!**
Friday, May 13, 2016

HOTEL RESERVATIONS:

We can now make our hotel reservations for the NARBW annual convention to be held in St. Louis, May 2016.

For our convenience, the Sheraton has created an online website to self register for this convention. You may make your reservations anytime (24/7) using this website. You can also view photos, features, amenities and a hotel overview on this site. To access the site search: <https://www.starwoodmeeting.com/book/narbwatassocrailwaybusinesswo>

If you prefer, you can make your reservation by phone **888-627-7064**. Be sure to reference National Association of Railway Business Women or NARBW to get the group rate of \$129 per night.

There are two Sheratons at Westport. If phoning in your reservation - be sure to register at the **Sheraton Westport Plaza Tower**.

For questions, call Diane Huntington at 636-789-4203 or email convention@narbw.org

2016 Convention Schedule and Registration Form are located on pages 14 and 15, respectively, of this newsletter. It's not too early to make your plans to attend. Complete the registration form and forward with your payment today.

Diane Huntington, Convention Chairman



CHAPTER NEWS

ALBANY CHAPTER

The Chapter continues to meet on the second Tuesday of the month from September through June. Welfare Chairman Diana Ham asks members to bring non-perishable items to their meetings for donation to the Bethlehem Food Pantry and the St. Patrick's Food Pantry in Ravena, NY. In July, Diana and her daughter Heidi delivered a strawberry rhubarb pie (homemade by Diana) to house-bound Mary McCabe. Diana is also involved in the 11th Annual ART Saves Animals to benefit the Safe Haven program. ART saves animals through the Mohawk Hudson Humane Society for pets who have lost their homes. A 50/50 raffle is held at each meeting and attending members pay \$10 to the Chapter's general fund when meetings are held at the home of a member providing the meal. September's meeting included a pot-luck picnic lunch in a beautiful park by a pond at the Crossings in Colonie. Photo below shows Chapter President Bonnie Crowley in front of the pond



(gorgeous setting). Also attending September's meeting was Lynn Sisto who currently resides in The Villages, FL. October's meeting will include a bake sale, and November's will be held at the Garden Buffet at the Saratoga Casino and Raceway. Their Christmas meeting will include a gift exchange at Scarborough's Restaurant; and a white elephant auction is planned for their January meeting.

ATLANTA CHAPTER

At their August 1 meeting, it was suggested that the Chapter await the transfer of members from Roanoke Chapter before assigning committee chairpersons for the year. It was also decided to change the date of their September meeting to the 12th to avoid Labor Day weekend. Members brought house supplies to the meeting for donation to the Ronald McDonald House. Future plans include participating in "Hands Over Atlanta" volunteer day in October, donating Toys for Tots in December and collecting clothes for My sister's House in March. Members are planning a social event for January in lieu of a regular meeting and again in May for those not attending the National Convention.

CENTRAL FLORIDA CHAPTER

The 83rd Chapter of NARBW began on July 10, 2015, with installation being held at the Marriott Hotel in Lake Mary, FL. The officers are Yvonne Touchtone, President; Jaleesa Singley, Vice President; Velma Stanley, Treasurer; and Elizabeth Jimenez, Secretary. Their members were thrilled to meet the members of the National Board and to receive such a warm welcome into the organization.

Their first 50/50 raffle presented by Ways & Means Chair Nancy Booz-Allen netted the Chapter \$185! Marilyn Martinez (pictured on left) was presented her winnings by



President Touchtone. In September, Gail Hendrix, Welfare Committee Chair (pictured) started the Chapter's "Caps of Love" collection. These are plastic caps



and lids that are recycled to raise money to provide wheelchairs for disabled children. Also in September, Lois Boatwright, their Publication Chair, issued their first newsletter entitled "Central Florida Ties". Their September Board meeting was held to discuss their Plans of Work for the year. Members wish to thank National Membership Chair Melanie McKim for so graciously holding the meeting in her home. The Chapter is off to a great start with membership growing to 20 members thus far. They have also averaged 60% attendance at each meeting. Meetings are usually held on the third Thursday of each month at a location selected by Ingrid McLaughlin, Arrangements Chair. September's membership meeting was held at the Swamp house Grill, a great location with a great menu including "gator bites"! Pictured below are attending



members standing beneath a lifesized gator! (deceased we hope!)

CHICAGO CHAPTER 90TH YEAR CELEBRATION



The Chapter was formed in November 1925 and, afterwards in February, 1926, held an event at the Palmer House in Chicago. To celebrate the Chapter's 90th birthday, members returned to Palmer House on September 26, 2015, to enjoy lunch in its Lockwood Restaurant. What a treat!

CHAPTER NEWS

CHICAGO CHAPTER (Cont'd.)

Photos of National 2nd Vice President Sylvia Long's congratulatory visit with members at the Palmer House and her write-up are covered under the "National News" section of this newsletter. A tour of the Palmer House is being planned for sometime in November. The Chapter is saddened to report the loss of one of its members, June Easley (no photo available), who coincidentally was 90 years old and passed away on April 28, 2015. June was retired from the Illinois Central Railroad and previously worked for accounting firms, including Arthur Anderson. Her excellent secretarial skills greatly assisted the Chapter at many of its meetings. June was also a proud member of the Daughters of the American Revolution (DAR) and was very much into genealogy, traveling around for research. She leaves a daughter, Linda Haney of Hinckley IL. Members will greatly miss June as she was a vibrant member of the Chapter.

CINCINNATI CHAPTER

A summer break did not stop the Cincinnati Chapter from raising money for



Rob's Kids. That's a \$1,115 check! Another Texas Hold 'Em Tournament and an "Everything But The Kitchen Sink" gift basket raffle helped raise proceeds for one of their favorite charities. The money raised allowed for the purchase of a foosball table and a few other games for all the children staying at Children's Hospital to enjoy. Members raised money as part of their Christmas In July initiative and continue to raise money for various charities this fall. A raffle is being held for two tickets to a Cincinnati Bengals game and the Chapter will host

its 3rd Texas Hold 'Em Tournament. The gift basket was a real hit and another is being planned in time for the holiday season. Great news on their membership drive! In lieu of a monthly meeting, Linda Connell, Membership Chair, and Annette Aleywine hosted a Meet & Greet at their home. Two new members were signed up and there is potential for a third. Way to go! Members continue to participate in various walks/runs in the city - keeping up their health while raising money for charity. CSX has a city-wide event coming up in October, working on a park in an impoverished area. The Chapter expects a lot of participation from its members.

HOUSTON CHAPTER



New officers installed at their June meeting were left to right, Cheryl Chambers, Treasurer; Ginger Stansbery, Vice President; Peggy Cuellar, Secretary; and Debbye Converse, President. Installing officer Virginia Rodriguez did a fabulous job, using a theme of roses. Ginger reminds members to bring donations for homeless pets to any of their meetings. Virginia is collecting used plastic bags for another ladies group that recycles them for veterans returning home. Their August 29 meeting was a planning session held at President Converse's home in Spring, TX. Their September meeting was held on the 17th at Razzo's Cajun Restaurant. Welcome is extended to two new members—Becky Serres and Freda Rose Edwards. The Chapter is planning a bus trip to Coughatta Casino in Kinder, LA, on November 14. On August 6, Barbara Vest flew to Nashville/Franklin to surprise member Mary Jane Spencer on her 92nd birthday. It worked! Mary

Jane reversed the digits to 29 years old though, adding that this is the way everyone does it now. Barbara hopes to make it back for Mary Jane's "39th" next year! Mary Knox is home following therapy at Gleanloch. She is receiving skilled nursing care 24-7, but her son Gary reports that her surgery has improved stability to her structure and possibly to her level of pain. Tamela Kubicek's sister Pam received good results from her latest MRI—both the breast and lymph node tumors are shrinking (wonderful news).

INDIANAPOLIS CHAPTER

The Chapter's July 17 meeting was held in Indianapolis at the Milano Inn.



Seated left to right in the above photo are Ann Carrico, Margaret Elston, Barb Hartwell, Joanne Smith and Phyllis Breeden. Tabs for Ronald McDonald House were also collected at this meeting and

taken to the House's drop off point on Monument Circle by Margaret Ellston. Their annual casino



trip to Rising Star was held on August 6 with a busload of 45 people attending. Lucky or not at the slots, President Margaret Elston advises that several door prizes were awarded on the return trip, giving everyone another chance to win. Members now refer to this fundraiser as the Gerry Foster Memorial Bus Trip, as she always worked very hard to make the trip a success. President Elston thanks everyone who worked behind the scenes and donated the goody bags, snacks, water and

CHAPTER NEWS (Cont'd.)

INDIANAPOLIS CHARTER CHAPTER (Cont'd.)

door prizes. She is now looking for members to fill openings on the board, to host monthly meetings and to seek out new members. It is hoped that all Chapter members will "step up to the plate." Their September 21 meeting was in the Pope Room of Buca Di Beppo's in Greenwood, IN. Members were asked to bring non-perishable food and household items for donation to Servants Heart. They were also invited to donate items for their annual scholarship raffle baskets, such as assorted liquors, wines, various snacks and sweets, as well as Christmas-themed gift items. Gloria Jackson recently celebrated her mother-in-law Martha Jackson's 103rd birthday with a gathering of family and friends at her home. Suzanne McGathey's brother, Louie Dampier, was featured in the Indianapolis Star on September 7. Louie will be enshrined in the Basketball Hall of Fame in Springfield, MA, the weekend of September 12. Louie's basketball career went from Southport high school to the University of Kentucky (playing for Adolph Rupp) and to the Spurs (after dissolution of the ABA). Congratulations to Louie, Suzanne and the Dampier family. Bud and Barbara Hartwell, Pat Hulett and Barb's sister Patty Stewart traveled to Somerset, KY, to see the Hartwell's grandchildren, Jakob and Brooklyn Hartwell. We are sad to report that member Jeanne Keegan passed away at the age of 90 on July 23. Jeanne became a member of this Chapter when the original Cincinnati Chapter disbanded. Jeanne served as their Chapter President for many years and was an active and dedicated member. She always attended District Conferences and National Conventions until her health began to fail. She will be missed by all who knew her.



JACKSONVILLE CHAPTER
 Congratulations to the Chapter's new officers for 2015-17. Pictured are Left

to Right: Sandy Hall (Installing Officer Assistant), Barbara Miller (Treasurer), Kathleen Gallavan (Secretary), Debbie Charpiat (1st VP), Elaine Mosley (President), and Mary Warner (Installing Officer). Their July 23 meet-



ing was held at CSX HQ and their Speaker was Ema Johnson (photo at right) who was born in Saipan, Northern Mariana Islands after WWII. Emma spoke on Saipan and her adventures there. The Chapter's August 27 meeting was held at CSX HQ with speaker Carol DeMarco



(left and below at meeting). Her presentation was titled "Be Creditwise: Tips, Tools and Tactics for Managing meeting Your Credit." Laura Gutteridge Años was the member spotlighted in the chapter's September newsletter, thus we have another photo taken on her wedding day with that beautiful fairy-tale



gown. The speaker at their September meeting was Christine Harris, owner of just in Time Organizing, LLC (Photo at right). The Chapter is still selling shirts as a part of their fundraising efforts. A Mellow Mushroom Meet & Greet on August 13 resulted in three new members—Khristi Viktoriany, manager in the Load



Engineering and Design group at CSX; Nancy Von Dolteren, recently retired from the Technology Department at CSX; and Valerie Johnson, Internal Audit Department of CSX. One attendee was at the Meet & Greet as a result of the Chapter's advertisement in the "What's New" section of the "Newline" newspapers. The Chapter's next planned fun event is a day cruise on the schooner Freedom. Membership Chair Laura Gutteridge Años advises that this will be an unforgettable sailing experience. Cost is \$35 for adults and \$25 for children (16 and under). Laura also advises that reservations have been set for a Q4 Alhambra outing to see the musical "9 to 5" on Friday, October 9. The Chapter is also on Facebook (www.facebook.com/NARBWJacksonville) and on Twitter @NARBWJax. Laura is looking for a member currently working for a railroad to assist with her Membership Committee. Operation Lifesaver Chair Mary Baldwin advises of the following railroad excursions: October 3, 24



October 3, 24

CHAPTER NEWS (Cont'd.)

JACKSONVILLE CHAPTER (Cont'd.)

and 31, 10A-4P—St. Mary's RR, St. Mary's, GA; October 10—Okefenokee Festival, Folkston, GA; October 10, 9A-4P—Palatka Railfest, Palatka, FL; October 17, 10A-2P—Shadco Safety Fair, Jacksonville, FL and October 24, 11A-3P—Ancient City Kid's Day, St. Augustine, FL. Angel Shiver, Scholarship Chair advises that the Chapter will be awarding two \$1,000 scholarships this year to members or their relatives. A scholarship fundraiser is planned with a yard sale at Ramona Flea Market on October 17. Members were encouraged to bring items for this sale to their September meeting. Debbie Charpiat, Interim Chair for Ways & Means, reminds everyone to use order number 504453 and password 1593 when ordering RADA Knives, etc. at <http://www.helpourfundraiser.com>. The Chapter receives a portion of all sales. Welfare Chair Mary Warner advises that May and June's projects to fill bags for the Clara White Mission was very successful. July and August's projects were also successful in gathering school supplies. Mrs. Mary's Boutique (named after Mary Warner)



was opened to the Pace girls once more on September 11 and 12. Members had also donated school supplies for this very successful event. Mary reminds everyone to keep track of their volunteer hours and donation monies. Barbara Miller asked members to volunteer for the JDRF Gala on October 10. The keynote speaker this year is Michael

Ward, CEO of CSX. The JDRF walk is scheduled for April 9, 2016. Sandy Hall announced at their August meeting that Laura Gutteridge Años plans to run for National President and asked members to be thinking of ideas for her campaign. Their Christmas meeting will be a Holiday Brunch on December 12 at Hidden Hills Country Club and members are asked to bring unwrapped toys and grocery gift cards for PACE. All Narbies are encouraged to join the "Be The Match" registry at <https://bethematch.org> to see if you can be a bone marrow donor for Amanda Paffe, Elaine Mosley's only daughter, who suffers with myelofibrosis. Amanda is pictured here with her mother Elaine and Amanda's four children, the oldest of which is a special



needs teenager named Kristoph. The next photo is of Amanda receiving one of her treatments.

She is a young and courageous Registered Nurse and single mother who has spent the past 12 years helping to organize the annual Down Syndrome Association of Jacksonville "Buddy Walk." Members helped Amanda in August with school clothes and supplies for her children by collecting gift cards to Kohl's and Target and through their cash donations. A fundraiser yard sale was also held for Amanda on September 26. Thoughts and prayers are extended to Chapter President Elaine Mosley's husband who has been hospitalized once more to stabilize his heart condition. Thoughts and prayers are also extended to Pat Smith after undergoing

triple bypass surgery, to Claudia Camp who has lost the vision in one eye and to Betsy Williams who is undergoing treatment for breast cancer.

KANSAS CITY CHAPTER

Congratulations to the new officers of 2015-2017. Pictured are left to right:



Chrystal Tonkin, Treasurer; Rhonda Gomez, VP-President Elect; Megan Cibulski, Secretary; and Gloria Marshall, President. The ceremony was held at Woodard BBQ. Next 3 photos show Chrystal enjoying barbeque with her daughter, Savanna Hubbard, then members enjoying the barbeque and



comradery, and a group photo of all attendees.



CHAPTER NEWS (Cont'd.)

KANSAS CITY CHAPTER (Cont'd.)

The Chapter is proud to welcome its new President Gloria Marshall, a native of Shreveport, LA, and a very active member of the Chapter since joining in 2013. After hiring on with the Kansas City Southern Railroad-Shreveport in 2000, Gloria began her commute to and from Kansas City in 2008 on temporary assignments before actually moving to Kansas City in 2003. To quote Elizabeth Edwards, "She stood in the storm, & when the wind did not blow her away, she adjusted her sails." One of the Chapter's most successful fundraisers was a Valentine's Day Raffle consisting of a basket filled with chocolates, dinner for two, an overnight hotel stay at the Marriott of Briarcliff and a nice bottle of vino. One of their members, Savanna Hubbard, has been chosen as a National Merit Scholarship Semi-Finalist. Only the top 3% of 1.5 million high school juniors who take the PSAT each year will

qualify as Semi-Finalists, and roughly 2/3 will receive a Letter of Commendation and will not be eligible to compete. The remaining 1/3 will qualify as National merit Scholarship Award Finalists. With 240 being the highest attainable score, Savanna's was 211. She must complete the Scholarship application and take the SAT before November of this, her senior year. In February, finalists (approximately 15,000 students nationwide) will be notified and, of these, only 8,200 will actually receive scholarships. Our bets are on Savanna! It is with sadness that we report the passing of member Jan Hedges on August 30 from a heart attack. We will keep husband, Bill,



and family in our thoughts and prayers.

LOUISVILLE CHAPTER

The Chapter's July 29 meeting was a "Christmas in July" luncheon held at the home of President Ruth Ann Spears. Members attending paid \$10 for the meal and were asked to bring \$5 wrapped gifts for auction. Proceeds were to benefit their welfare fund. Members were also asked to donate \$25 to the welfare fund at the meeting, as the auction would be their only fundraiser for the year. Later reports showed the auction and member donations filled their welfare fund with over \$400. The Chapter's September 23 and October 28 meetings were each scheduled at Buck's Restaurant.

OMAHA CHAPTER

The Chapter is proud of Member Kay Leslie who was elected National Treasurer at the Savannah Convention. Omaha now had four of its members on the National Board—Julie Lane, National Treasurer; Colleen Brabec, National Scholarship Chair, Cynthia Chandler, Past National President and Nominating Chair, and Kay Leslie. Jay Nelsen installed the 2015-2017 officers: Connie Prokupek, Chapter President; Casey Zahner, Vice President; Molly Fraser, Treasurer; and Anne Menichetti, Secretary. The Chapter's 6th Annual Golf Tournament was held on August 7 and ruled the most successful thus far, with the Chapter netting \$1,307. Cynthia Chandler, Past National President, and her husband Don now live in Arkansas but came back for the tournament. Cynthia won a prize for the person driving the longest distance to play golf. Following are some of the photos taken at the event.



Collection bins were set up at UPC from August 17- 28 for dropping off purses, wallets and

"stuffings" with plans for their "Pack the Purse" work project on September 8. After the purses were stuffed, they were delivered to Phoenix House by Casey Zahner and Amy Schapp. Members brought cleaning supplies to their September 3 meeting for use as prizes with ENCAP Senior Bingo. These were later delivered by Sue Hess and Anne Menichetti. Other outreach programs decided on at their September meeting include Crossroads of Western Iowa, collection of pop tabs for the Ronald McDonald House and Box Tops for Education for a school to be selected at a later date. Kay Leslie donated \$1,100 worth of men's clothing to the Stephens Center in NARBW's name. Jay Nelsen handed out flyers and info cards on the "Out of Darkness" community walk to be held on October 4 as a fundraiser for the American Foundation for Suicide Prevention. Chapter members plan to meet for the ACS "Race for the Cure" on October 4 and, as with tradition, go for breakfast afterwards. The Chapter is again selling Savings Sidekicks coupon books for \$20 each, netting a profit of \$10 for each book sold. Their October 8 meeting will be at Cascio's Steakhouse and members are asked to bring cleaning supplies for ENCAP and new mittens, hats and gloves for Salvation Army's "Warm the Night". The UP Connection Credit Union will have their Christmas trees set up again this year for Chapter members to decorate with the mittens, etc.

PHILADELPHIA CHAPTER

In July, members took a break from meetings to enjoy a hot summer month in the tri-state area of Delaware, New Jersey and South Eastern Pennsylvania, where members reside.

CHAPTER NEWS (Cont'd.)

PHILADELPHIA CHAPTER

(Cont'd.)

Although geographically diverse, most Chapter members agree that an hour's drive to meetings is worth the comradery. In August, the Chapter held its 2nd Annual Summer Board Meeting at the Aquatic Swim Club in Morton, PA. To accommodate their growing membership, a year's worth of meeting locations was set up to include restaurants as well as homes. Plans of work were also discussed and members continue to brainstorm fundraising. It was agreed to again sponsor an entire National Scholarship to be awarded at May's convention in St. Louis. Following their meeting, members enjoyed lunch provided by the new officers and relaxed in or by the pool. In September, the Chapter again volunteered as guest chefs at the Philadelphia Ronald McDonald House next to St. Christopher's Hospital for Children. In addition to all the breakfast items cooked, they also baked cookies to be left behind. Before leaving though, the kitchen was left in good order (better than when found). A short meeting was then held. The families of RMH left the dining room with full bellies and Chapter members left with full hearts. The Chapter is planning to host Meet & Greet at Amtrak's Philadelphia 30th Street Station and at Wilmington, Delaware locations within the next year. Members will continue to build their treasury to support many local charities; i.e. Ronald McDonald House, Salvation Army and special interests of members including breast cancer, pulmonary fibrosis, women's shelters and SPCA. They are currently making/buying children's warm hats for the Toys for Tots Train in New York State. Last year, members donated 100 hats to Rose's goal of 1,600. This year, Rose's goal is 2,000 hats. Chapter members send their best wishes to the Chicago Chapter members on their 90th Anniversary!

PITTSBURGH CHAPTER

The Chapter met on August 21 to discuss the year's plans, including those

concerning Christmas. There was no meeting in September. The Chapter's October 9 meeting will be held at the Hines Ward's Table 86 Restaurant in Seven Fields, PA.

ROANOKE CHAPTER

The Chapter's summer outing on June 27 was a luncheon cruise on Smith Mountain Lake on board the Virginia Dare. The highlight of the trip was seeing a mother deer and her twins swimming across a wide part of the lake. On July 23, Joanne Perry and Pat Prillaman delivered school supplies and a check representing \$375 in cash donations from members at their June meeting to the Baptist Community Center. Their September meeting was held at the Holiday Inn, Valley View, where members brought pet items and/or donated toward supporting the Angels of Assissi Animal Shelter, a no-kill facility, and/or they donated toward the JDRF One Walk for Type One diabetes. Reportedly, \$205 was contributed for JDRF and once added to online donations for Team Narbie, the total collected was \$465. Reported for Angels of Assissi, in addition to pet item donations, \$143 in cash was donated by members. Dr. Eduardo Castro spoke on alternative medical treatment for chronic or degenerative health conditions. Members were asked to donate items for, and participate in, a yard sale for RAM House (Roanoke Area Ministries) in the O. Winston Link Museum parking lot on September 12. Jessie Swiercinski donated the grab bags left over from Convention to RAM House for the sale. The Chapter was invited to participate, with an NARBW exhibit, at the 14th Annual Norfolk Southern Short Line meeting at Hotel Roanoke & Conference Center from June 9-11. Pictured left to right in the following photo are: Kylie McLaughlin, Chapter President Kathy Barbour, Carol Meador, Sylvia Long, Shirley Fletcher, and Elaine Parks. Member at Large Kylie joined

Roanoke Chapter after visiting the exhibit. Welcome aboard, Kylie!



Welcome is also extended to new member, Carol Gentilini (on right). The Chapter's October meeting had to be cancelled due to eleven straight days of rain and some flooding. October projects are still underway and include donation and participation in the Walk to End Alzheimer's on the 17th, stuffing envelopes for the Rescue Mission's Christmas mailing during the week of the 19th, and hosting a Halloween Party for veterans at the V.A. hospital on the 28th. Past National President Joyce Higgs was captured on TV recently in connection with development of property very near her home. Joyce has enjoyed the peace and tranquility of her home's seclusion for many years only to have it interrupted by big business now...and they say that's progress! Garrick Long, National 2nd VP Sylvia Long's son, was one of fifteen Americans awarded a fellowship by the Robert Bosch Foundation in its Fellowship Program. Bosch's 32nd fellowship class included Garrick as one of fifteen emerging leaders from across the United States in the fields of education, law, government, economic policy, and urban planning, among others. As a Bosch Fellow,



CHAPTER NEWS (Cont'd.)

ROANOKE CHAPTER (Cont'd.)

Garrick participated in three months of intensive private language tutoring in his hometown and will spend the summer in group language classes in Germany. The program is fully funded by the Robert Bosch Stiftung (Foundation), one of the largest in Germany, and endeavors to develop a new generation of Americans committed to strengthening transatlantic relations. Garrick received a B.A. in International Politics in 2003 from the University of Virginia and will graduate in 2015 from Boston University with an M.A. in International

Relations. Jessie Swiercinski's youngest grandchild, Matt Watson, graduated cum laude from Hampden Sydney College on May 10, 2015, with a Bachelor of Arts degree in both Foreign Affairs and Spanish as a double major. He received the Gemborys-Choate-Bouin-Swenson Award as Outstanding Senior in a



field of International Studies for his academic record to study abroad. Matt is continuing his education in a Grad School Masters Program for bilingual studies in Madrid, Spain, and teaching English to 4th and 5th graders at a private school under a work-study program. Does Jessie seem proud or what? Joanne Perry has been overwhelmed with the many notes of get-well wishes sent from Convention by Narbies. She addresses her Narbie friends and states that she is much better now and headed toward being 100% again. She sends many thanks for remembering her and adds that "Attending Convention is a 'way of life' for Chapter 19 and she was very sorry she had to miss."

SAGINAW-GREAT LAKES CHAPTER

President Barb Spalding-Westcott advises that members participated in the Rail Fans Weekend in August and had a table set up to speak with others about NARBW. They also provided sheets depicting trains for children to color and learn about. They have already begun their Halloween program. We are sad to report that Barbara Alexander's mother, Doris Hermes, passed away on May 14. Doris was a member and Past President of the Detroit Chapter before their charter was turned in. Also, Frances Minnich-Dye, former member of the Colorado Chapter, has passed away. Frances and her husband were former owners of a light rail system in Colorado. Our sincere condolences to these families.

ST. LOUIS CHAPTER

Members are diligently working on plans for the 2016 Convention. At their August meeting, winners of the 50/50-Plus were Debbie Michler, Brenda West, Cheryl Horne and Diane Huntington. All totaled, \$147 was collected in money and school supplies for Feed my People. Winners of the 50/50-Plus at their September meeting were Melba Cookston, Margaret Ruffin, Cheryl Horne, Mary Ann Will and Diane Huntington. An Avon fund raiser is planned for their October meeting. Their December meeting will include a Christmas raffle with proceeds split between charities—Feed My People, Restoration Ministries, Sunshine Ministry and Salvation Army. Members are urged to donate new items for the raffle ASAP, as well as more items for their monthly White Elephant fundraiser. Their October meeting will be at Ari's on October 10, with Cheryl Horne hosting. Helen Koonce is recovering from a broken shoulder resulting from a fall in August. Margaret Ruffin's husband Roy passed away three days after being hospitalized for a heart valve replacement and a pace maker implant. His funeral was held September 21. Our most sincere sympathy is extended to Margaret and the family.

TOPEKA HEARTLAND CHAPTER

After taking the summer months off, the Chapter resumed activities in September. Their October 8 meeting will be held at the Cracker Barrel in Topeka. Our sympathy is extended to Mary Lou Escobar whose mother, Erma Rodriguez, passed away on September 25 at 92 and to Jette Door on the death of her husband, Jack, on October 1. Nancy Lord is scheduled to receive new medicine in October for insertion directly into the bladder. Delivery of this medicine to the cancer is an extremely slow process, so the procedure will take place while Nancy is hospitalized. The previous medicines prescribed by her doctor were not affecting the cancer at all. Nancy, we will be thinking of you and keeping you in our prayers.

TWIN CITIES CHAPTER 90TH YEAR CELEBRATION



NARBW is proud to have two chapters celebrating 90 year anniversaries in the same year. Twin Cities Chapter was our first chapter and received its charter on May 23, 1925. A formal congratulatory letter to the Chapter was sent from the National Board. Members are reminded to bring paperback books, pop can tabs, box top labels and toiletries to all meetings. These items are sent to our servicemen and women. Donna Clark and Georgia Lickness spent the summer at the lake in McGregor, MN. Sue Clancy vacationed in Alaska, touring Anchorage, Denali National Park, dredging for gold in Fairbanks and taking the White Pass and Yukon train ride out of Skagway. Sue says the train ride was spectacular. Donna Clark is taking an art class and the following

CHAPTER NEWS (Cont'd.)

TWIN CITIES CHAPTER

(Cont'd.)

photo shows her with a painting she plans to donate to the Minneapolis Art Museum. Very nice, Donna! The Chapter donated to the National Scholarship Fund in memory of Juleen Bush, mother of Kathy Rowley; Armand Ronkainen, Husband of Mary Ann Ronkainen; Richard Firkus, father of Sue Gilbertson; and the family of Willma Peterson. We wish Patty Helling a speedy recovery from knee surgery.



TWIN PORTS CHAPTER

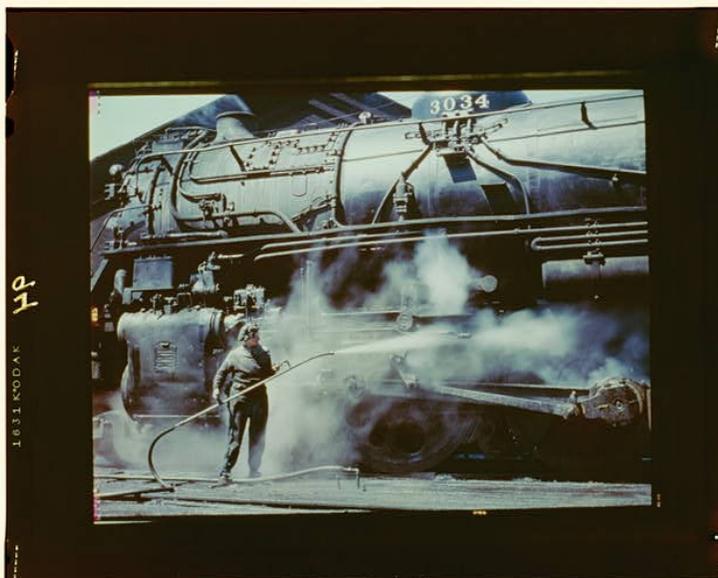
In August, members participated in a special activity—making glass pendants at the Duluth Art Institute, Duluth Depot. The finished pendants were shown off at their September meeting at the VIP Pizza in Superior, WI. Prior to the meeting, members were introduced to, and given a tour of the Proctor Historical Society's Museum by, Mr. Jan Resberg, its President. Following dinner, members enjoyed cupcakes courtesy of Monica Rissanen. The winner of a drawing for one free membership was Betty Goman, and Vivian Economy was the 50/50 winner. The Chapter is checking out various outside activities—a Vista dinner cruise in conjunction with sailboat night, North Shore Scenic Railroad

train rides, St. Paul Arboretum, Ritten House in Bayfield, the St. Louis River experience and an Adult Tea Party. A thank-you note was received from Safe Haven for donations collected at the May meeting. The Chapter will celebrate its 40th anniversary in May 2016. Rose Leslie served as a WAC during the Korean War and recently returned from an Honor Flight to Washington, DC. We are so proud of you, Rose! New officers for the coming year are: Aine Merrill, President; Marie Jordahl, Vice President; Barb Johnson, Treasurer; and Sue Peer, Secretary. Aine presented outgoing President Pat Cohen with a gift certificate to Engwall's Florists for her many years of service and dedication to NARBW. Get well wishes to Barb Johnson who is recovering from foot surgery.

Women workers employed as wipers in the roundhouse having lunch in their rest room, Chicago & Northwest Railway Company, Clinton, Iowa, April 1943. Reproduction from color slide. Photo by Jack Delano. Prints and Photographs Division, Library of Congress



Mrs. Viola Sievers, one of the wipers at the roundhouse giving a giant "H" class locomotive a bath of live steam, Clinton, Iowa, April 1943. Mrs. Sievers is the sole support of her mother and has a son-in-law in the Army. Reproduction from color slide. Photo by Jack Delano. Prints and Photographs Division, Library of Congress.



Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine.

I got to thinking one day about all those people on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible.

How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word 'refrigeration' mean nothing to you?

How often have your kids dropped in to talk and sat in silence while you watched "Jeopardy" on television?

I cannot count the times I called my sister and said, "How about going to lunch in a half hour? She would gas up and stammer, "I can't. I have clothes on the line. My hair is dirty. I wish I had known yesterday, I had a late breakfast, it looks like rain". And my personal favorite: "It's Monday." She died a few days ago. We never did have lunch together.

Because we cram so much into our lives, we tend to schedule our headaches. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect!

We'll go back and visit the grandparents when we get Steve toilet-trained. We'll entertain when we replace the living-room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of "I'm going to," "I plan on," and "someday, when things are settled down a bit."

When anyone calls my "seize the moment" friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you're ready to trade your bad feet for a pair of Rollerblades and skip an elevator for a bungee cord.

My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my stomach with a spatula and eliminate the digestive process. The other day, I stopped the car and bought a triple-decker. If my car had hit an icebeg on the way home, I would have died happy.

Now...go on and have a nice day. Do something you WANT to...not something on your SHOULD DO list. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting? I had a friend from high school that I was always going to call and never did. The other day, her name was in the obituaries so we never had that chat.

Make sure you read this to the end; you will understand why I sent this to you.

Have you ever watched kids playing on a merry go round or listened to the rain lapping on the ground? Ever followed a butterfly's erratic flight or gazed at the sun into the fading night? Do you run through each day on the fly? When you ask, "How are you" do you hear the reply?

When the day is done, do you lie in your bed with the next hundred chores running through your head? Ever told your child, "We'll do it tomorrow." and in your haste, not see his sorrow? Ever lost touch? Let a good friendship die? Just call to say "Hi"?

When you worry and hurry through your day, it is like an unopened gift...Thrown away...Life is not a race. Take it slower. Hear the music before the song is over.

To those I have sent this to...I cherish our friendship and appreciate all you do.

Life may not be the party we hoped for...But while we are here we might as well dance!

Received via email, Author unknown, but definitely makes sense.



NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN
SEVENTY SECOND (72ND) NATIONAL CONVENTION

“Meet Me in Saint Louie...”

Sheraton Westport Plaza Hotel
Hostess Chapter – Saint Louis

Room Name

Wednesday, May 11, 2016

| | | |
|--------------------|-------------------|------------------------------|
| <i>Plaza Foyer</i> | 3:30 PM - 5:30 PM | Registration |
| <i>Plaza 1</i> | 4:00 PM - 7:00 PM | Pre-Convention Board Meeting |

Thursday, May 12, 2016

| | | |
|--------------------|-------------------|---------------------|
| <i>Lobby</i> | 8:30 AM - 4:30 PM | Pre-Convention Tour |
| <i>Plaza Foyer</i> | 5:00 PM - 7:00 PM | Registration |
| <i>Skylight</i> | 6:00 PM - 9:00 PM | Hospitality |

Friday, May 13, 2016

| | | |
|----------------------|---------------------|-------------------------|
| <i>Skylight</i> | 8:00 AM - 5:00 PM | Marketplace |
| <i>East Foyer</i> | 8:00 AM - 8:30 AM | Registration |
| <i>East A/B</i> | 9:00 AM - 10:00 AM | Formal Opening |
| <i>Plaza 2/3/4/5</i> | 10:30 AM - 12:45 PM | Presidents' Brunch |
| <i>East A/B</i> | 1:00 PM - 5:00 PM | Business Meeting |
| <i>Plaza 2/3/4/5</i> | 6:00 PM - 7:00 PM | Candidate's Reception |
| <i>Plaza 2/3/4/5</i> | 7:00 PM - 10:00 PM | Fun Night "Masked Ball" |

Saturday, May 14, 2016

| | | |
|----------------------|---------------------|-------------------------------|
| <i>Skylight</i> | 8:00 AM - 5:00 PM | Marketplace |
| <i>East A/B</i> | 8:30 AM - 9:00 AM | Memorial Service |
| <i>East A/B</i> | 9:15 AM - 10:30 AM | Business Meeting |
| <i>Plaza 1</i> | 10:30 AM - 11:00 AM | Elections |
| <i>Plaza 2/3/4/5</i> | 11:15 AM - 1:15 PM | Membership Luncheon |
| <i>East A/B</i> | 1:30 PM - 4:30 PM | Business Meeting |
| <i>Plaza 1</i> | 4:30 PM - 5:30 PM | Post-Convention Board Meeting |
| <i>Plaza 2/3/4/5</i> | 6:00 PM - 7:00 PM | Reception |
| <i>Plaza 2/3/4/5</i> | 7:00 PM - 10:00 PM | Formal Banquet |

Sunday, May 15, 2016

Depart

N.A.R.B.W. Convention Registration Form

72nd Annual Convention in St Louis, MO May 13 - 14, 2016
 Sheraton Westport Plaza (Tower) Hotel 900 Westport Plaza, St. Louis, MO (888) 627-7064
 All registrations must be postmarked by April 15th. No refunds after May 6th.



Use a separate form for each attendee. There are three sections to this form, please be sure to complete them all. This Registration Form may be photocopied or it can be printed from the NARBW website (www.narbw.org).

SECTION ONE: Personal Information

Please type or print clearly.

| | |
|--|---|
| Name: _____ | Please check one: <input type="checkbox"/> Delegate <input type="checkbox"/> Alternate <input type="checkbox"/> National Board <input type="checkbox"/> Emeritus Council <input type="checkbox"/> Member <input type="checkbox"/> Guest |
| Mailing Address: _____ | |
| City: _____ State: _____ Zip Code: _____ | |
| Telephone: _____ | |
| E-mail: _____ | |
| Chapter: _____ Railroad Affiliation: _____ | |
| Emergency Contact Name: _____ Phone: _____ | |

SECTION TWO: Registration Fees and Meals

Please enter the dollar amount(s).

| | | |
|--|---|---|
| <p><u>Members:</u> _____ \$250 by April 1st _____ \$265 after April 1st Covers registration and four convention meals.</p> | <p><u>Emeritus Council:</u> _____ \$170 Emeritus Council pays for Membership Luncheon, Fun Night and Banquet</p> | <p><u>Non-Members (Guests):</u> Guest Name: _____ Convention Meals only (enter all that apply) _____ \$45 President's Brunch _____ \$60 Fun Night _____ \$40 Membership Lunch _____ \$70 Reception and Banquet</p> |
|--|---|---|

\$ _____ - **Registration Total (check should be made payable to NARBW)**

SECTION THREE: Survey

Please check all that apply to you.

_____ This is my first NARBW Convention.
 _____ I require vegetarian meals.
 _____ Request Marketplace Table for _____ Chapter.
 _____ Interested in a roommate.
 _____ Special Needs/Requests _____

If you have any questions, please call Diane Huntington (636) 789-4203 or email convention@narbw.org

| | |
|---|--|
| Mail your check and this completed form to: 2016 NARBW Convention Registration Julie Lane 129 Oakmont Drive Papillion, NE 68133 | Mail or email copy of form to Convention Chairman: NARBW National Convention Chairman Diane Huntington 4411 Hickory Lane Hillsboro, MO 63050 |
|---|--|

NATIONAL ASSOCIATION OF RAILWAY BUSINESS WOMEN

Please email Chapter Newsletter or Info to:

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Patricia C. Prillaman

National Publications Chairman

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